



Recipes

Sea Vegetables

Dulse Dressing

Prep Time: 5 minutes

Cooking Time: none

Yield: 1 cup of dressing

Ingredients:

½ cup water

2-3 tablespoons tahini (sesame paste)

1 tablespoon umeboshi paste

½ cup dulse flakes

3 scallions, finely chopped (optional)

Directions:

1. Warm the water, add tahini and stir until creamy.
2. Stir or blend in umeboshi paste. Mix thoroughly.
3. Stir in dulse and/or scallions.